# HEALTH CAPSULES
**by Michael A. Petti, M.D.**

IS THERE ANY CONNECTION BETWEEN GOUT AND KIDNEY STONES?

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YES. ABOUT 10% TO 20% OF PEOPLE WITH GOUT DEVELOP KIDNEY STONES.

**TOMORROW:** ASPIRIN.

**Health Capsules gives helpful information. It is not intended to be of a diagnostic nature.**

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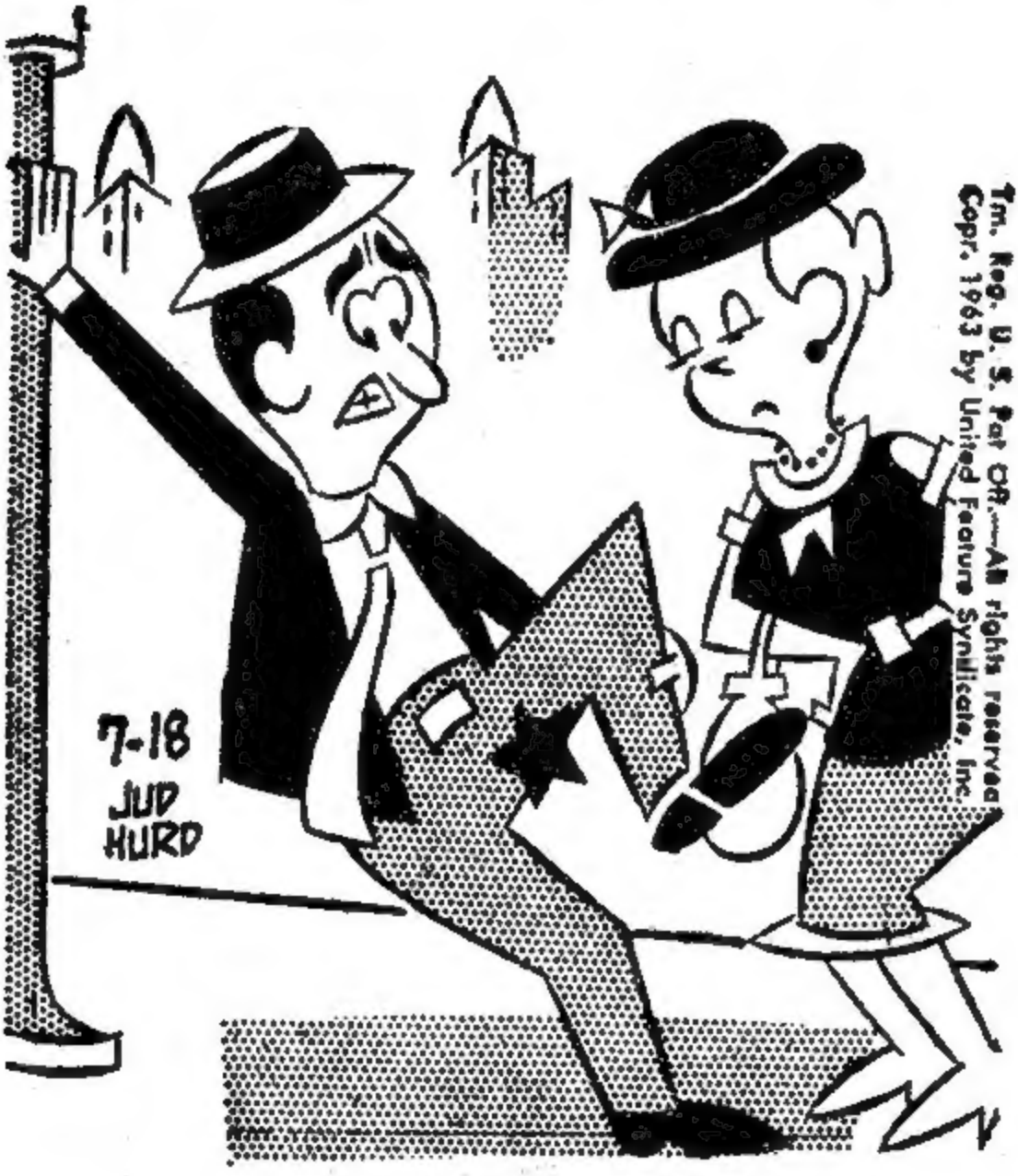
WHAT ARE YOUR CHANCES OF GETTING VARICOSE VEINS AS YOU GET OLDER?

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AFTER 40 ABOUT HALF THE WOMEN AND A FOURTH OF THE MEN HAVE SOME FORM OF VARICOSE VEINS.

**TOMORROW:** SOAP SHAMPOOS.

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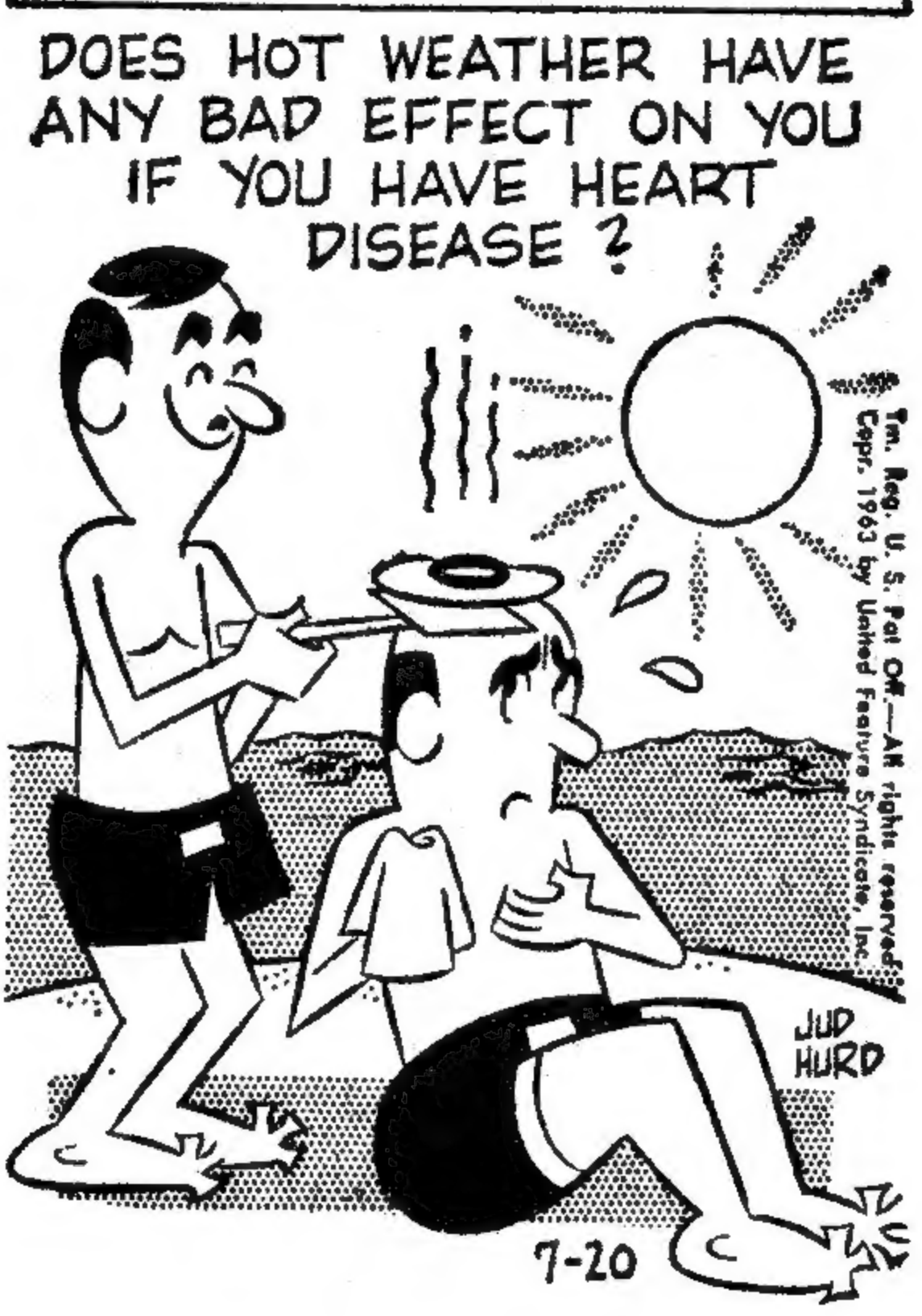
DOES HOT WEATHER HAVE ANY BAD EFFECT ON YOU IF YOU HAVE HEART DISEASE?
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JUD HURD
7-20

YES. THE MORE HOT AND HUMID IT IS, THE HARDER YOUR HEART HAS TO WORK TO KEEP YOU COOL.

**MONDAY:** MORE ON MEASLES.

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HOW CAN YOU KEEP FROM GETTING ATHLETE'S FOOT?

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KEEP YOUR FEET DRY. AFTER A BATH, WIPE THEM CAREFULLY -- ESPECIALLY BETWEEN THE TOES -- AND APPLY TALCUM POWDER.

**TOMORROW:** SMOKING.

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IF YOU PERSPIRE FROM NERVOUSNESS, WHAT PART OF YOUR BODY TENDS TO PERSPIRE MORE?

YOUR HANDS. THE SWEAT GLANDS OF YOUR HANDS ARE MORE RESPONSIVE TO EMOTIONAL DISTURBANCES. **TOMORROW:** ALCOHOL.

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